



7-5-2-1-0

7 - Eat breakfast seven days a week

- Strategies

- Student level: What are barriers to eating breakfast - no time, not hungry, don't like what's available?
- School level: Grab and Go breakfasts
- WSU [Breakfast Campaign](#)
- USDA information and campaign [materials](#)



5 – Eat five or more servings of produce every day

- Strategies:
 - What are students eating now? What do they like to eat?
 - 5 a Day [campaign](#)
 - New school meal guideline [video](#)



2 – Hours or less of screen time per day

- Strategies:
 - How much screen time is required and how much is optional?
 - NIH screen time reduction [campaign](#)



I – Hour or more of physical activity per day

- Strategies:
 - What's available through school or in the community?
 - CDC Community Guide physical activity campaign [review](#)



0 – Sugar sweetened beverages, (alcohol, tobacco)

- Strategies
 - Education on sugar content in drinks
 - Alternatives to soda
 - Kick the Can campaigns



7-5-2-1-0 Resources

- Tear off sheets
- My Plan sheet
- Posters

My Plan & Goals neighborcare health

How are you doing with your weight? (Exercise, eating, taking care of yourself)

<input type="checkbox"/> Excellent 	<input type="checkbox"/> Good 	<input type="checkbox"/> Not Good 	<input type="checkbox"/> Not Sure 
I am doing well with:		I want to do better with:	
<input type="checkbox"/> Exercising & moving more		<input type="checkbox"/> Exercising & moving more	
<input type="checkbox"/> My mood & mental health		<input type="checkbox"/> My mood & depression	
<input type="checkbox"/> Eating 5 fruits & veggies a day		<input type="checkbox"/> Eating 5 fruits & veggies a day	
<input type="checkbox"/> Limiting TV & computer time		<input type="checkbox"/> Limiting TV & computer time	
<input type="checkbox"/> Drinking less sugar		<input type="checkbox"/> Drinking less sugar	
<input type="checkbox"/> Managing my stress		<input type="checkbox"/> Managing my stress	
<input type="checkbox"/> Avoiding alcohol, tobacco & drugs		<input type="checkbox"/> Avoiding alcohol, tobacco & drugs	
<input type="checkbox"/> Sleeping well		<input type="checkbox"/> Sleeping well	
<input type="checkbox"/> Cutting down on junk & fast food		<input type="checkbox"/> Cutting down on junk & fast food	

MY GOALS



Name: _____

_____ Date: _____

- 7** start the day with breakfast 7 days a week
- 5** eat 5 helpings of fruits and vegetables a day
- 2** keep screen time to 2 hours a day or less